### WAY OF FIGHTING

How Corbett Conceived and Developed the Half-Arm Method.

There Much Quicker-Be Gives of His Life at Mayand Thinks Training Should Be Made Enjoyable.



RAINING is not half so unpleas ple imagine it to I am anxious to insist upon at the very beginning. Fighting is not particularly unpleasant either when you win.

The editor has been kind enough to ask me to write down here how I train and how I fight. It would be hard to do that in the brief limits of a newspaper article, yet I hope to be able to tell ough here to encourage those who read it to try the benefits of a little training. It is pleasant to take and it benefits a man-or woman, eithermore than a dozen doctors. If I were to give up boxing forever I should still take a course of thorough conditioning once in a year or so, just for the pleas-



ure of the thing and its beneficial influence on the health.

To begin with, the methods of training as well as of boxing have changed rastly since the ancient Mr. Figg be gan to teach the manly art of self defense. The old London prize ring rules. under which men fought barehanded on the turf, have practically fallen into disnse. They should never be revived, for they encouraged brutality. Under those rules a game man was virtually knocked out half a dozen times before he was so beaten that he could not come to time at the end of one minute's rest. Under the Queensbury rules, which now govern championship bat-tles, the man who is knocked down must be up and fighting within ten seconds or he loses the contest. This is merciful to the conquered, and it does not prevent the best man from winning. A great many followers of the old system complain that under modern rules the inferior fighter may win with a

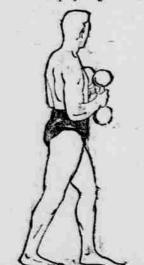


SHOULDER WHERE THE BLOW COMES FROM.

there is nothing haphazard about it when two trained athletes meet in the ring. Each knows what the other is trying to do to him, and it is his business to take care of himself. It is folly to talk about "chance blows."

All my training for the recent con test at Jacksonville was done as carefully as possible. I expected to go through twenty rounds with Mitchell and I tried to put myself in good enough condition to fight all day if necessary. The event showed that all this anxiety was perhaps not necessary, but it is an imperative rule for a man defending the championship of his country always to enter the ring in perfect condition.

The great thing to be done was to bring my power of endurance to its best condition. For this it was necessary to take long walks and runs, to box, to punch the striking bag, to wrestle and to play a great deal of



bandball. In old times a pugilist was tration; then he was set to runni scores of miles on heavy roads-all with the idea of getting rid of superil



flesh. I had no superfluous flesh to get rid of. Indeed I actually gained weight in training.

Every morning there was a shor stroll along the hard white sand of the beach before breakfast. This was not really exercise, but a playspell in the open air by way of an appetizer. Ned, Bert and Mollie, handsome collies, played with me and raced with one another after sticks thrown into the sea With breakfast shortly before 8 o'clock the real business of the day began, Fruit, chops, tea and toast were the usual thing. Sometimes the bill of fare was varied with chicken or steak or a bit of fish. While on the subject of diet I may add that nothing was barred at any meal except pastry and fancy sauces. There was a bottle of beer at dinner every day and sometimes one at supper. I drink tea instead of

With a cheerful companion at my side I usually covered eight or ten miles every morning in rapid walking, varied now and then with a run good for the wind. After boxing and wrest-ling I enjoyed the luxury of a rub-down until thoroughly dry; then a bath in a tub of sea water or perhaps a swim for five or ten minutes. Upon being rubbed dry again I was stretched on a high couch and thoroughly rubbed by my trainers with a liniment of alcohol and witch hazel. This is one of the pleasantest things about training. To be well massaged after a Turkish bath is well enough, but there is not half the comfort in it that an athlete enjoys in a thorough rubbing after a brisk morning's work. Billy Delaney managed the job, and Donaldson, McVey, Creedon and Tracy did the rubbing. No brushes or mit-

tens were used.

The appetite that comes to one after such a course of work, bathing and massaging is something enormous. No one will believe how much he can eat under the circumstances until he has actually enjoyed the experience. The chief meal of the day was eaten about noon. Our dinner table was a jolly meeting place. Breakfast did not always bring us all together, so my wife, her father, Mr. and Mrs. Brady and all the rest of our party met for the first time in the day at dinner.

There was always a couple of hours of whiet, lounging, chatting and letter

writing after dinner. Then, instead of walking, there came an hour or more of handball followed by boxing, wrestling and bag A rub down like the one described above ended the day's work. Besides the exercises mentioned above I used a wrist machine every day. This is a long wooden shaft. As you turn it (using none but wrist power) it hoists a weight that can be increased or lessened at will. This is a fine way to strengthen the wrists. The good effects derived from playing handball would fill a book. It is splendid work for a boxer. Not only does it exercise every muscle from his scalp to his heels, but it gives him good judgment of distance, cultivates quickness of the eye and teaches him how to dart either hand exactly where he wants it at precisely the right oment. And there's exercise enough in it to tire a Rocky mountain ram. slept nine hours every night.

No two men fight alike. Indeed, it one teacher should instruct a class of twenty men, and they should see no style of boxing but his they would all use different tactics at the end of a year. There are many styles of boxing and most of them are excellent. It has always seemed to me that a boxer them. When I began at the game I found myself taller, longer in the arms and rather quicker on my feet than most men. Next to bisself. straight and hard I found quickness on the feet to be most useful. There is ne way to cultivate this so well as by boxing. Therefore I always box while in training. It is true that many authorities contend that a fighter risks hurting his hands by doing this. Of course he does. But doesn't he risk spraining a groin or a knee or an ankle when he runs, or walks, or plays handball?

It is quite as important for a fighter to avoid punishment as it is for him to punish the other fellow. Therefore let him cultivate the ability to get in and out of hitting distance with all the rapidity possible. Now and then we hear of fellows who are "gluttons for punishment." They ought not to be. In the game of pugilism one must take as well as give blows, but he is the best man who takes least and gives most. He who can strike quickest ought to win, provided he can protect himself from counter or return blows.

Very early in my career I found that I could get my punch in most rapidly by starting it from a "half-arm posttion"-that is, with the elbows not drawn back past the ribs. Suppose two men are boxing. John Doe hits in the old style, drawing back his fist and launching it out with all his body weight behind it. Richard Roe, let us say, starts his blow without drawing back his fist. Whose blow should get there first? Certainly the one that has the least distance to go. It is the blow that gets I soon found that while this blow was very successful in reaching its mark there was not steam enough in it to suit. Undoubtedly there was some of the weight of the body behind it, for in boxing I stand with my feet closer together than most men and throw the body forward even in delivering the

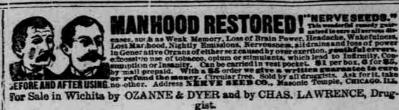
How was that punch to be made heavier? I consulted a specialist— Prof. Attila-and showed him the way I hit. He studied it thoroughly and examined the muscles called into play. He decided that the thing to do was to losed with purgatives for several days at the beginning of his course of preparate. Thereupon he told me to grasp a pair of light dumb-bells, turn the fists over so that the knuckles come foremost as they do in striking, press the elbows close to the ribs; then raise and lower the dumb-bells as far as possible. Two minutes of that sort of thing wa enough at first. By and by I could stand it for ten. That half arm punch has grown at least thirty per cent. heavier than it used to be.

JAMES J. CORRETT. Sized Him Cp. Cholly-What did Miss Manly say?

Children Cry for Pitcher's Castoria.

Fweddy-She-she said she would be

a bwothah to me.-Puck.





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On the south side of William street from City Building to Market street.

West side of Fourth avenue from Douglas avenue to the first alley north.

On the south side of Douglis avenue in front of lots Nos. 59, 61, 63 and 64 Griffenstine's second addition.

On west side of North Market street in front of lots Nos. 59 and 61, original town, between First and Second streets.

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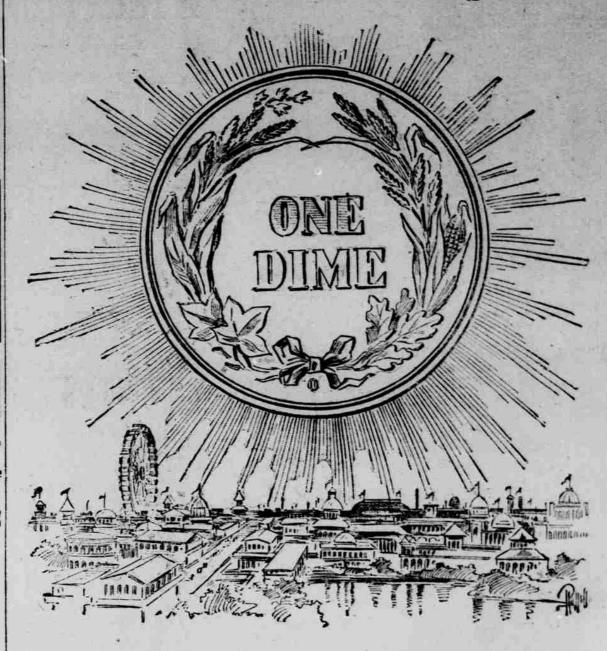
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- ace, Berlin. Bridge of Sighs, Ve ice. Interior of Pompeiian Mus-
- The Sea of Ice, Switzerland, 14. Statue of Peter the Great, 15.
- St. Petersburg. Natives of Australia Fishing Native Street in Ceylon.
- Piccadilly Circus, London | 10. Arlington Cemetery, Arlington, Va.
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